Exploration Essence Residential Workshop

2003 Website Program Description

Prerequisites for the Exploration Essence program: Gateway Voyage. Essence is a specialized program designed for those who have completed The Monroe Institute's Gateway Voyage program. Guidelines offers still another step in the development of more complete understanding of self.

As graduates of the Gateway Voyage and other Institute programs you are already familiar with the Monroe process. It facilitates states of profound relaxation and a quieting of our physical, mental, and emotional bodies. This quieting is the foundation that allows you to access an expanded state of awareness and perceive in new ways. There is also a heightened sensitivity that allows you to experience more subtle aspects of the mind and more of who you truly are. This allows a new level of consciousness to emerge, a new perspective, new values, and a new way of being. The process becomes a journey of inner exploration, providing the opportunity to develop skills of OBE, intuition, psychic perception, healing, and communication with your higher self and guides.

Exploration Essence is a groundbreaking new program that deepens this work and takes it on to the next level. Peter Russell, the author of many books on spirituality and its role in the contemporary world, and the producer of the video "The Global Brain" (which most of you have seen as part of Gateway), comes together with Karen Malik, a senior Monroe Institute facilitator, to create this unique opportunity to deepen our spiritual awakening.

Peter brings thirty years of research into the nature of consciousness and the key processes that enhance our inner evolution. Integrating science and spirituality, he has focused on distilling the essential wisdom of self-awakening. His explorations into the nature of mind have led to a deep appreciation of mysticism and its quest for the true self-the essence of consciousness. His current work focuses on ways to liberate ourselves from the various mental traps that keep us locked in the ego-mind.

Karen, a transpersonal therapist and healer, has been leading programs at the Institute for twenty-six years. She has also been a longtime student of A.H. Almaas and the Diamond Heart approach. These teachings focus on the variousfacets of our essence--the ground of our being.

In this one-of-a-kind program, Peter and Karen combine their considerable knowledge and passion for self-exploration to present this unprecedented chance for Monroe graduates to look at the essence of spirituality-beyond techniques, teachings, teachers and texts.

We easily become trapped in thoughts and mental habits that cut us off from the experience of our true nature. To access our inner being we have to step behind the thinking mind to subtler levels of consciousness. There we can begin to explore the essence of self. Many of the great mystics, seers, and yogis discover the pure self to be divine, the source of true peace and love-the essence of all that we have ever sought.

Using meditation, self-reflection, discussion and customized Hemi-Sync

sessions we will explore such questions as: How can we recognize and open to the being that underlies our thoughts and experiences? What does it take to be in the present moment? How can we listen better to the still quiet voice within? What do we really mean by a change in consciousness? How can we open our hearts to the love and wisdom they hold? What is the relationship between light and consciousness, and what does it have to say about the timeless moment? And how, by learning to recognize our essence, its qualities and how it expresses itself, can we live more fulfilling and caring lives?

The six days will also provide a rare opportunity to explore in some depth Peter's ideas on the nature of consciousness and his most recent book, From Science to God.